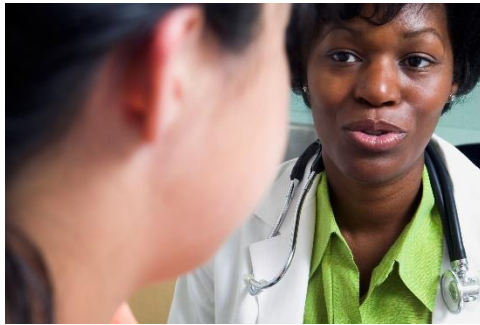


RETHINKING DRINKING

Alcohol and Your Health




Unhealthy
 Alcohol Use **NOW**

MENU OF OPTIONS FOR REDUCING RISK

KEEP TRACK OF MY DRINKING

- Keep a diary of the number of drinks I have daily.
- Know the standard drink sizes.
- Measure drinks when I make them at home.
- Ask servers not to “top off” a partially filled wine glass.

MANAGE MY URGES TO DRINK

- Avoid visiting places that make me feel like drinking.
- Avoid people who may encourage me to drink when I don’t want to.
- Schedule activities to occupy me during times of the day that make me feel like drinking.
- Avoid activities that give me the urge to drink.
- Keep little or no alcohol in the home.

PACE MYSELF

- Sip all drinks slowly.
- Don’t drink on an empty stomach.
- Drink a few glasses of water before drinking alcoholic beverages.
- Only have one alcoholic drink an hour.
- Alternate non-alcoholic drinks with alcohol containing drinks.
- Bring only a set amount of cash to the bar. Leave the ATM/credits cards at home.




MENU OF OPTIONS FOR REDUCING RISK

MAKE PLANS

- Make a list of goals for changing my drinking habits.
- Share my drinking goals with my spouse and friends.
- Plan in advance how many days per week to drink and how many drinks I'll have on those days.
 - Healthy men up to age 65: no more than 4 drinks/day AND no more than 14 drinks/week
 - Healthy women, and men over age 65: no more than 3 drinks/day AND no more than 7 drinks/weeks
- Schedule days in which I do not drink at all.
- Practice polite but firm strategies for saying "no thanks" before I go out to drink.

OTHER

DRINKING PATTERNS




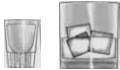
WHAT'S YOUR DRINKING PATTERN?	HOW COMMON IS THIS PATTERN?	HOW COMMON ARE ALCOHOL USE DISORDERS IN DRINKERS WITH THIS PATTERN?
<u>DAILY LIMITS</u> Men – 4 drinks Women – 3 drinks <u>WEEKLY LIMITS</u> Men – 14 drinks Woman – 7 drinks	Percentage of adults	Number with alcohol use disorders
Never exceed the daily or weekly limits	 72%	Less than 1 in 100
Exceed only the daily limit	 16%	1 in 5
Exceed both daily and weekly limits	 10%	Almost 1 in 2

Alcohol can cause many health problems.

- Risky drinking is associated with:
 - Cancers of the mouth, throat, esophagus, colon, liver, and breast
 - Liver disease
 - Stroke
 - Heart disease
 - Pancreatitis
 - Injuries and accidents
 - Miscarriages / still birth
 - Depression and suicide
- Unhealthy alcohol use is the third leading cause of preventable death in the United States.
 - Alcohol is responsible for 85,000 deaths a year in the US.

WHAT'S A STANDARD DRINK?

Below are standard drink equivalents as well as the number of standard drinks in different container sizes for each beverage. These are approximate, since different brands and types of beverages vary in their actual alcohol content.

STANDARD DRINK EQUIVALENTS	APPROXIMATE NUMBER OF STANDARD DRINKS IN:
BEER or WINE COOLER	
12 oz.  5% alcohol	<ul style="list-style-type: none"> ▪ 12 oz. = 1 ▪ 16 oz. = 1.3 ▪ 22 oz. = 2 ▪ 40 oz. = 3.3
MALT LIQUOR / MICROBREWS	
8–9 oz.  7% alcohol	<ul style="list-style-type: none"> ▪ 12 oz. = 1.5 ▪ 16 oz. = 2 ▪ 22 oz. = 2.5 ▪ 40 oz. = 4.5
TABLE WINE	
5 oz.  12% alcohol	<ul style="list-style-type: none"> ▪ a 750-mL (25-oz.) bottle = 5
80-PROOF SPIRITS (hard liquor)	
1.5 oz.  40% alcohol	<ul style="list-style-type: none"> ▪ a mixed drink = 1 or more* ▪ a pint (16 oz.) = 11 ▪ a fifth (25 oz.) = 17 ▪ 1.75 L (59 oz.) = 39 <p><i>*Note:</i> Depending on factors such as the type of spirits and the recipe, one mixed drink can contain from one to three standard drinks.</p>

DIARY

DATE	WINE	BEER	STRONG BEER	LIQUOR	TOTAL # DRINKS
WEEKLY TOTAL					
WEEKLY TOTAL					
WEEKLY TOTAL					
WEEKLY TOTAL					